



TOBACCO-FREE FUN!

Utah Department of Health

STOP! You might be polluting your lungs!

Smoking can damage your lungs. Label the different parts of your breathing system, using the definitions to help you.

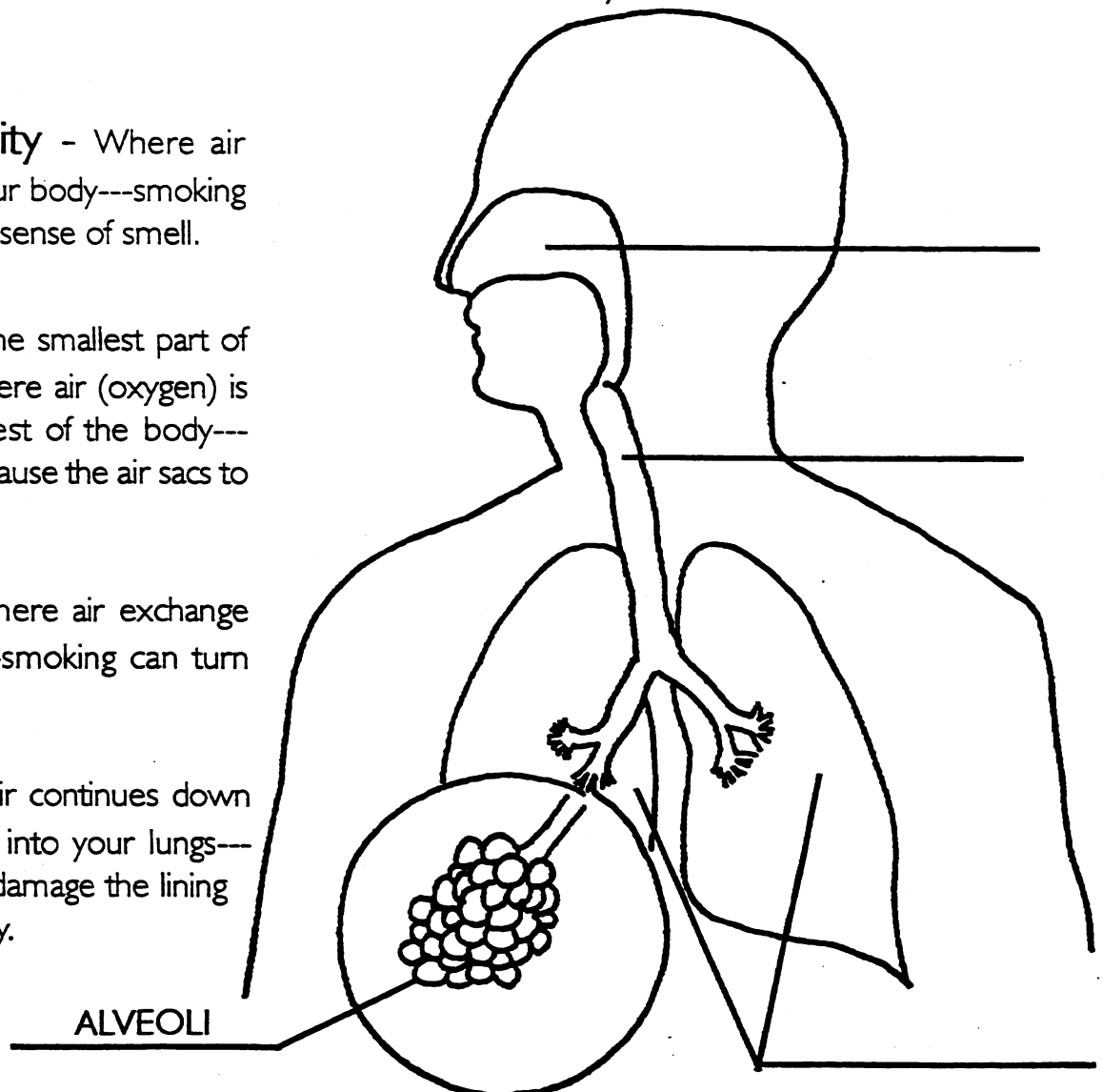
One has been done for you.

Nasal Cavity - Where air first enters your body---smoking can hurt your sense of smell.

Alveoli - The smallest part of the lungs, where air (oxygen) is sent to the rest of the body---smoking can cause the air sacs to die.

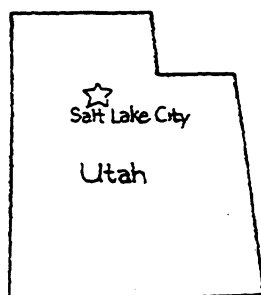
Lungs - Where air exchange takes place---smoking can turn these black.

Airway - Air continues down this tube and into your lungs---smoking can damage the lining of your airway.



ALVEOLI

Practice writing a letter to the governor of Utah, telling him why tobacco is harmful. Include reasons why you think tobacco products should be kept behind the counter and why store clerks should ask for picture I. D. from customers wanting to buy tobacco products.



SMOKING

E
N
S
E

Use your tobacco know-how to solve this tricky puzzle. The words you will need are listed around this page.

Across

1. Leading cause of avoidable, premature death.
2. Disease which slowly destroys a person's ability to breathe by destroying the lung's air sacs.
3. This is found in a cigarette.
4. Tobacco companies use this to make smoking look cool.
5. Colorless, oily liquid extracted from tobacco leaves.
6. Amount tobacco industry spent last year on advertising and promotion.
7. When someone offers you cigarette, you say ____.

Down

1. When people try to make you do something you don't want to do.
2. Smoking can cause air _____.
3. Cigarette smoking causes about 87 % of _____ deaths.
4. Being hooked on a particular substance.
5. The place in the body where air exchange takes place.
6. Some chew tobacco, others _____ it.
7. Number one cause of house fires.
8. Smoking can turn your teeth this color.

six billion

NO

peer pressure

smoking

nicotine

addiction

cigarettes

EMPHYSEMA

advertisements

TOBACCO

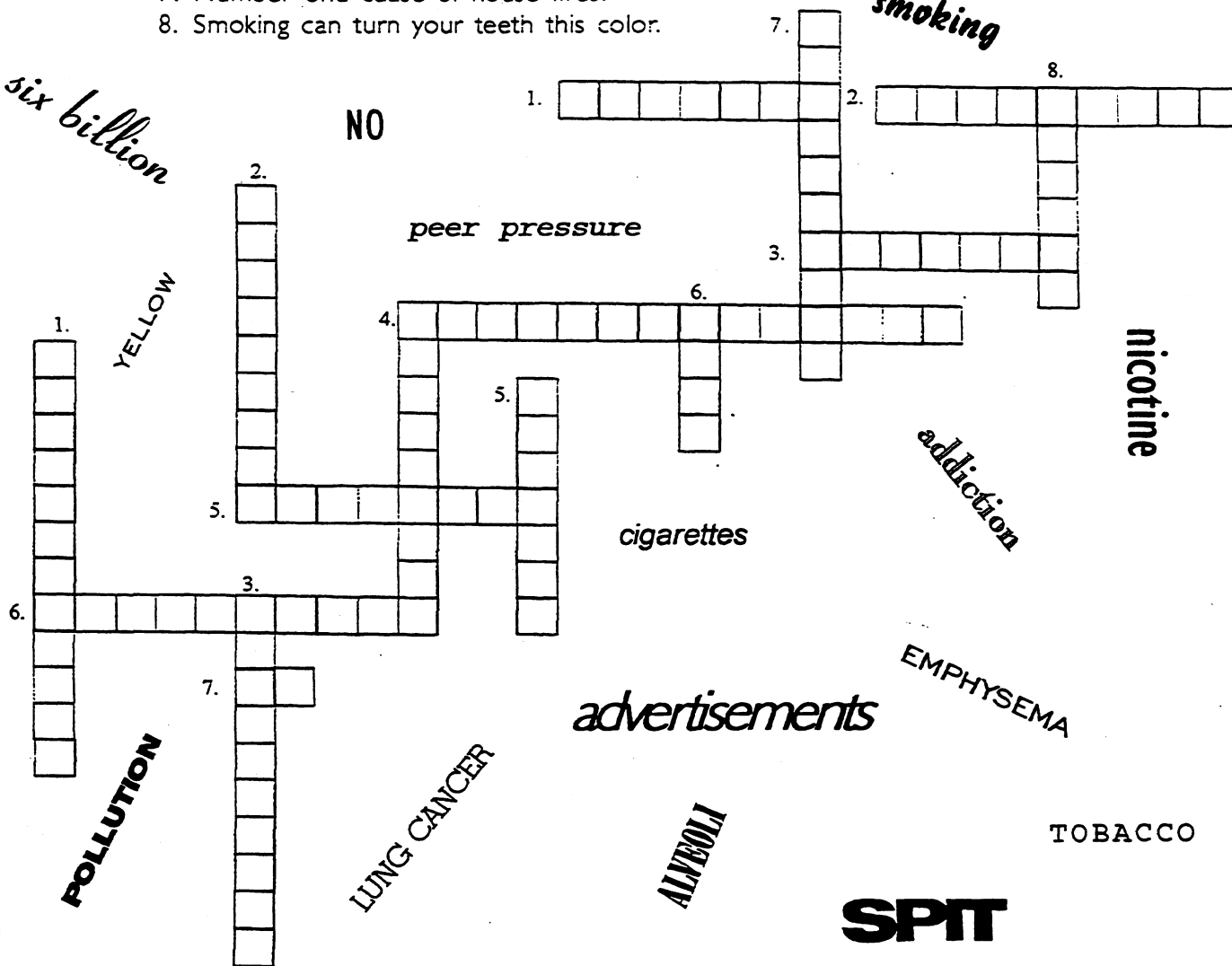
SPIT

ALVEOLI

LUNG CANCER


POLLUTION

YELLOW



I'm PROUD to be tobacco-free!

List some ways you could say "no" if someone you know asked you to use tobacco

0	
	1.
	2.
	3.
	4.
0	5.
	6.
	7.
	8.
	9.
0	10.